EPI Update for Friday, February 11, 2011 Center for Acute Disease Epidemiology (CADE) lowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- High blood pressure and cholesterol
- Updated adult immunization schedule
- Meeting announcements and training opportunities

High blood pressure and cholesterol

Every 39 seconds an American adult dies of heart attack, stroke, or other cardiovascular disease. Nearly 68 million American adults have high blood pressure; one in two does not have it under control. In addition, 71 million American adults have high cholesterol, but two in three don't have it under control. Treatment of these diseases accounts for one of every six U.S. health dollars spent.

Improved care for these problems could save 100,000 lives a year in the U.S. There are many reasons this is difficult to achieve:

- People usually don't experience any illness or symptoms in early stages of high blood pressure or high cholesterol levels.
- Many people don't have regular access to medical care, prescription medications, or lifestyle counseling. Some people don't go back to the doctor when they should.
- Clinical services that detect and control high blood pressure or cholesterol are not being delivered to all those in need.
- People get more than 70 percent of their sodium (salt) from eating processed or restaurant foods, which can raise blood pressure. Even people who want to eat low-salt foods have trouble finding them.
- Trans fat in fried and processed foods (e.g. donuts and cookies) can raise cholesterol, which in turn can raise blood pressure, contributing to heart disease and stroke.

For more information on current guidelines for health care professionals for prevention, treatments, and control of heart disease and stroke, go to www.cdc.gov/dhdsp/materials_for_professionals.htm.

For more information and county level info on heart disease and stroke death rates, visit www.cdc.gov/vitalsigns/pdf/2011-02-vitalsigns.pdf.

Updated adult immunization schedule

In October 2010, ACIP approved an updated adult immunization schedule for 2011, which includes the following changes:

• Expanded recommendation for annual influenza vaccination for all persons aged 6 months and older.

- A recommendation allowing the use of tetanus, diphtheria, and acellular pertussis (Tdap) vaccine in adults aged 65 years and older (with special emphasis that those around infants should be vaccinated).
- A recommendation that Tdap vaccine be administered regardless of how much time has elapsed since the most recent tetanus and diphtheria toxoids (Td)containing vaccine.
- A recommendation for a two-dose series of meningococcal vaccine in adults with certain high-risk medical conditions such as HIV, asplenia and complement deficiency.

For information on the recommended adult immunization schedule, visit www.cdc.gov/vaccines/recs/schedules/adult-schedule.htm.

Updates to the child immunization schedule will be summarized in next week's Epi Update; meanwhile, for the updated child immunization schedule, visit www.cdc.gov/vaccines/recs/schedules/child-schedule.htm.

Meeting announcements and training opportunities

Have a healthy and happy week!
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